

Greetings from the SD Diabetes Prevention & Control Program (DPCP) and welcome to the August 31st edition of the "DPCP FYI". Each FYI is received by over 400 diabetes care professionals in and around South Dakota. If you have trouble with the links or attachments, the e-bulletin is also posted on the DPCP website at <http://diabetes.sd.gov>. If you have suggestions for improvement to the FYI or if I can otherwise be of assistance, please let me know. Colette

This issue's topics~

- **Changes and Challenges in Diabetes Care-2007**
- **Fruit & Veggie Healthy Challenge**
- **Updated Physical Activity Recommendations**
- **Chronic Kidney Disease Update--2007**
- **Flu/Pneumonia Vaccination Flyers**
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Changes and Challenges in Diabetes Care-2007

The SD Department of Health Diabetes Prevention & Control Program invites you to "Changes and Challenges in Diabetes Care-2007" at the Ramkota Hotel and Conference Center in Sioux Falls on **October 23rd & 24th**. Dr. Richard Bergenstal, Executive Director of the International Diabetes Center in Minnesota, will be the keynote speaker. The conference is intended for nurses, dietitians, nurse practitioners, physician assistants, pharmacists and other health care professionals who provide care and education to people with diabetes and their families. Come and get an update on diabetes, network with others involved in diabetes care and learn of products and services for those with diabetes.

There is no registration fee. Applications are being submitted for continuing education credits for RNs, RDs, NPs, PAs and RPhs. Complete information can be found at <http://diabetes.sd.gov> or by contacting Melissa 886-1530.

Fruit & Veggie Healthy Challenge

Ready for another Healthy Challenge? The Fruits & Veggies—More Matters Healthy Challenge will be held during the month of September, National Fruit and Vegetable Month. Diets high in fruits and vegetables can help reduce the risk of South Dakota's three leading causes of death—heart disease, cancer, and stroke. This is a particularly good time of year to increase your fruit and vegetable intake as so many items are locally produced this time of year. The Dietary Guidelines for Americans recommend most adults eat 2 – 2.5 cups of fruit and 2.5 – 4 cups of vegetables per day. Participants who sign up will receive a free vegetable peeler. Ten randomly selected participants will receive a basket of fruit and veggie items at the end of the challenge. The friendly competition starts September 1 and sign-up begins now. For more information and to sign-up, go to www.healthysd.gov and click on the link in the Healthy Challenge story.

Updated Physical Activity Recommendations

The American College of Sports Medicine and the American Heart Association released new recommendations for physical activity which also include resistance exercise. According to an AHA press release, the updated recommendation for adults have improved in several ways-

- Moderate-intensity physical activity has been clarified,
- Vigorous-intensity physical activity has been explicitly incorporated into the recommendation,
- Specified: Moderate- and vigorous-intensity activities are complementary in producing health benefits, and a variety of activities can be combined to meet therecommendation,
- Specified: Aerobic activity is needed in addition to routine activities of daily life,
- "More is better",
- Short bouts of exercise are OK,
- A muscle-strengthening recommendation is now included, and
- Wording has been clarified.

For further information, go to <http://www.americanheart.org/presenter.jhtml?identifier=1200013>

Chronic Kidney Disease Update--2008

Interested in chronic kidney disease? Interested in supportive care for those with chronic kidney disease? This conference is for you! **Thursday, February 21, 2008.** Earn credit and contact hours by attending this conference.

Location:

Professional Office Pavilion & Education Center, Avera Sacred Heart Campus-Yankton

Sponsored by Avera Education & Staffing Solutions

For more information-(605) 668-8475 or averasolutions@shhservices.com

Flu/Pneumonia Vaccination Flyers

The DPCP will soon be ordering the flu/pneumonia vaccination flyers for the SD Diabetes Information Link mailing. Let Colette know by September 17th if your would like to receive free flyers for your facility.

SD Health Promotion MaterialCatalog

The DPCP and other programs within the Health Promotion office of the SD Department of Health have brochures and other materials available through an online catalog. The catalog is located at <https://apps.sd.gov/applications/PH18Publications/secure/Puborder.asp>. Some materials are purchased and those have a maximum number that can be ordered. When done entering requested amounts, go to "Proceed to Checkout" at the bottom of the page. The information and shipping is free of charge. Allow 2-3 weeks for materials to be received.

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